

## Glossary of Exercise Terms

- **Abduction** – movement away from the middle of the body (i.e., raising arms or legs to side horizontally).
- **Adduction** – movement toward the middle of the body (i.e., lowering arms or legs to side, back to body).
- **Circumduction** – a circular movement of a limb that is a combination of flexion, extension, abduction, and adduction (e.g., placing the arm out in front and drawing a circle in the air).
- **Dorsiflexion** – bending movement of the ankle that results in the top of the foot moving toward the lower leg.
- **Dynamic** – in motion.
- **Eversion** – turning the sole of the foot outward (e.g., standing with weight on the inner edge of the foot).
- **Extension** – increasing the angle at a joint or returning to anatomical position (e.g., the movement that occurs when straightening the elbow joint and moving the hand away from the shoulder).
- **External rotation** – turning outward away from the body as in moving your arm outward from the shoulder.
- **Flexion** – decreasing the angle at a joint or moving out of anatomical position (e.g. the movement that occurs when bending the arm at the elbow joint to bring the hand to the shoulder).
- **Internal rotation** – turning inward toward the body.

## Glossary of Exercise Terms on Joint Movement

- **Inversion** – turning the sole of foot inward (i.e., standing with weight on the outer edge of the foot).
- **Lateral flexion** – Movement of the head and/or trunk away from midline.
- **Plantar flexion** – a straightening movement at the ankle to point the toes down away from the body.
- **Retraction** – the backward movement of the shoulder girdle toward the spine.
- **Static** – stationary; not moving. Static stretches are held or sustained.